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ABSTRACT

Based on the premise that food and cooking traditions capture what is distinctive about the United States, more than 275 recipes that represent U.S. regional and cultural diversity are presented in this book. Photographs, anecdotes, and essays demonstrate the family traditions and local lore of the many people who, over the years, have participated in the Smithsonian Institution's annual Festival of American Folklife. Following "The Festival of American Folklife: A Timeline," the contents of the guide are organized by geographic regions and ethnic groups as follows: Native American; New England; Mid-Atlantic; South; Upper Great Lakes; Great Plains; West and Southwest; and The Islands. Information about the contributors, illustration sources, and an index conclude the text. (MM)

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